

FOOD TRAIL



INISHOWEN FOOD TRAIL

Inishowen Food Trail has been created to afford the discerning "Foodie" the opportunity to sample our finest coastal cuisine.

We've done the research for you, gathering all the taste bud secrets on what to expect as you travel around our beautiful peninsula.

Follow The Food Trail – downloadable via Go Visit Inishowen website or in print from The Inishowen Tourist Office. Browse through our map inside that showcases individual Restaurant/Cafe speciality dishes; chosen by the local Chefs and selected from valuable visitor insight from their feedback.

Whether you're on a short break from the hustle and bustle of city life, or a carefully crafted holiday touring one of the greatest routes Ireland has ever launched; we are here to assist you on your Wild Atlantic Way journey. Alternatively, we also have our very own Inishowen 100 Coastal Route when you get here- check that out!

We welcome you to Inishowen, for a truly mouth watering experience to savour along with those all important snaps of special moments in time. Bon appétit or in Irish we say taitneamh a bhaint as do chuid béile...

Cover images courtesy of Foyle Hotel

TASTE OF INISHOWEN

Inishowen has so much more than blue flag beaches, rolling hillsides and majestic scenery. Inishowen has a hidden gem, a plethora of outstanding food choices.

Perhaps it is the Award Winning Seafood Chowder, or the fine dining with stunning views across the shores of Lough Swilly, or maybe it's the fresh crab caught off Ireland's Most Northerly Point. Could it be, the traditional Irish tray bakes served with a snifter of Poitin, or possibly quirky cafés with gourmet sandwiches and "cake to die for".

Take time out with TV Celebrity Chef Brian McDermott, mentoring the next generation of culinary artists. Visit our best kept secret, the rugged Atlantic Coastline providing locally sourced seafood of the highest standard. The livestock comes from meadows of emerald green, organically seasoned from the salt carried by the coastal winds to the shoreline pastures.

Inishowen is rapidly gaining a reputation as an up and coming destination on The Wild Atlantic Way. The whispers of these passionate culinary artists make Inishowen a haven for the avid food enthusiast.





01 AN GRIANAN HOTEL, BURT

Address:

Carrownamaddy, Speenoge,
Inishowen, F93 YA0P

P: 00353 (0) 74 9368900

E: info@angriananhotel.com

W: www.angriananhotel.com

Open: 12pm - 8:45pm

A quaint 43 bedroom Hotel, set in the blissful village of Burt located in the rolling countryside of Donegal. Renowned for the warm Irish welcome and friendly staff; It's all in their tagline "Make your stay special, make it An Grianan".

The Fort Bar & Lounge offers a cosy and casual dining experience with exceptional food and welcoming staff; it's simply a home from home. Try our speciality: Irish Hereford Sirloin Steak with a side of your choice (some choose a creamy Guinness)



02 THE RED DOOR COUNTRY HOUSE, FAHAN

Address:

Carrowmullin, Fahan,
Inishowen, F93 FV4Y

P: 00353 (0) 74 9360289

E: info@thereddoor.ie

W: thereddoor.ie

Open: Wed - Fri 4pm - 9pm,
Sat - Sun 1pm- 9pm

The Red Door Country House, formally St John's Restaurant, is well renowned for its beautiful cuisine. The property boasts crackling open fires, a bar and a beautiful restaurant. Set in fine manicured gardens with mature trees and a swing, It has a wonderful sun terrace with breath-taking views over Lough Swilly.

Our signature dish is: Barbecued Irish Beef fillet, hickory smoked celeriac, burnt leek, watercress puree and bone marrow crumb. With a side of braised beef cheek and dauphinoise potato. Head Chef Paul Brady takes extreme pride sourcing and providing only the finest of ingredients. He selects fresh vegetables and herbs from their very own garden patch to ensure guests savour every fresh flavour from garden to plate.





03 HARBOUR INN, BUNCRANA

Address:

Derry Road Ludden, Buncrana,
Inishowen, F93 V57X

P: 00353 (0) 74 9321810

E: info@harbourinn.ie

W: www.harbourinn.ie

Open: Sunday - Thursday 12.30pm
- 9pm, Friday & Saturday
12.30pm - 9.30pm

Situated on a hillside overlooking the beautiful sandy beaches of Lough Swilly and the greens of the Northwest Golf Club, The Harbour Inn is set in an area of outstanding beauty; right on the shores of the Wild Atlantic Way and Inishowen 100 Coastal Route.

The Harbour Inn's most popular dish is : Hot n Kickin Chicken served with Cream Potatoes, Peppercorn Sauce and Tobacco Onion. It is definitely a firm favourite among the locals and one not to be missed on the menu! We provide private pods available for advance booking; take a day at the beautiful Ludden Beach and then relax a while on one of our benches for a cool drink and mouth-watering meal.



04 NANCY'S BARN, BALLYLIFFIN

Address:

Main St, Ballyliffin,
Inishowen, F93 VY75

P: 00353 (0) 74 9376556

E: nancysbarnballyliffin@gmail.com

W: www.nancysbarn.ie

Open: 9am - 5pm.

Nancy's Barn is a quirky and innovative restaurant/bistro housed in an authentic 19th century converted barn. We are based in the scenic Inishowen Peninsula in Donegal on the Wild Atlantic Way, right in the heart of the beautiful seaside village of Ballyliffin.

We have a well-deserved reputation for serving a wide range of delicious treats, all made from fresh local produce, including a large range of organic salads and vegetables, delicious home baking, and a selection of fresh daily specials. Our speciality has become our: World award-winning seafood chowder.

We have a full wine license, local craft beer and a cosy welcoming atmosphere, friendly staff and free Wi-Fi. So, why not call in for a hot coffee or a delicious bowl of our world award winning seafood chowder!



05 THE STRAND HOTEL, BALLYLIFFIN

Address:

Shore Road, Ballyliffin,
Inishowen, F93 TY75

P: 00353 (0)74 9376107

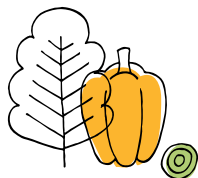
E: strandhotel@ballyliffin.com

W: www.ballyliffinstrandhotel.com

Open: 12-30pm – 9pm

The Strand Hotel is a well-known family owned and run hotel located in the heart of Ballyliffin, perched along the Inishowen 100 and The Wild Atlantic Way. The Strand Hotel offers visitors a relaxing and stress free environment from which to explore Donegal.

Our most popular dish would be our famous: Pollan Beach Surf 'n Turf. A succulent locally sourced 6oz sirloin cooked to your liking, served with prawns, baby onion & garlic butter. This dish provides the opportunity to sample the best of local produce, from farm to fork and legendary Atlantic coastal seafood.



06 THE BUTTERBEAN RESTAURANT & B&B, CARNDONAGH

Address:

Bank Pl, Gort Glebe, Carndonagh,
Inishowen, F93 VP93

P: 00353 (0)74 9373693

E: info@thebutterbean.ie

W: www.thebutterbean.ie

Open: Tue – Wed 10am – 8pm. Thur
10am – 8:30pm. Fri – Sat 10am
– 9pm. Sun 10am – 8:30pm

The Butterbean Restaurant & B&B is situated in Carndonagh; the heart of Inishowen. Newly re-styled and furnished, every room is ensuite with free Wi-Fi, TV, and Tea/Coffee facilities in the room. We are centrally located to access all local pubs and amenities, only a 10 minute drive to the famous Ballyliffin Golf Club, and a short drive to Malin Head.

A firm favourite in our restaurant among many of our delicious dishes is our: 50/50 Burger. A 6oz steak burger & chicken fillet topped with bacon, melted cheddar cheese & crispy tobacco onions. Choose from our great selection of good wines, local beers and cocktails to accompany your meal of choice.



07 SEAVIEW TAVERN MALIN HEAD

Address:

Ballygorman, Malin Head, Inishowen,
F93 ED30

P: 00353 (0)74 9370117

E: dohertycaitriona@hotmail.com

W: www.seaviewtaVERN.ie

Open: 12pm – 11pm

The Seaview Tavern is located in Ireland's Most Northerly Point at Malin Head. Dining here affords the fantastic opportunity to be seated with views of The Atlantic Ocean. The sheltered local beach at Sandport Bay is nestled below; a short walk leads to Malin Head Pier.

Our new signature dish following a recent visit from social media influencer "TheTravel Expert", is our King Prawn & Crab Linguine. White wine, sundried tomatoes, shallots, garlic & red chilli, infused with a lemon zest; bursting with coastal flavours to accent the Linguini.

Why not stop by and sample "our winner". Taste our fresh crab caught in Malin Head and landed at the pier across from the restaurant.



08 MCGRORY'S HOTEL CULDAFF

Address:

Culdaff, Inishowen, F93 TP9N

P: 00353 (0)74 9379104

E: info@mcgrorys.ie

W: www.mcgrorys.ie

Open: 12pm – 8:45pm.

McGrory's Hotel is family owned for over 90 years, located in the village of Culdaff which is complemented by naturally beautiful surroundings of golden beaches and rugged coasts, while also being one of the key destination points along the Wild Atlantic Way.

Our menu consists of renowned local seafood, excellent steaks and Inishowen produce, complemented with wine listed by John Wilson, one of Ireland's leading wine writers as well as local craft beers available to accompany your meal.

Our speciality dish is: McGrory's Famous Fish & Chips. Kinnegar Ale Seaweed Flakes Battered Cod, served with Tarter Sauce, Lemon and Hand Cut Chips.



09 THE CASTLE INN GREENCASTLE

Address:

Eleven Ballyboes, Greencastle,
Inishowen, F93 EA3F

P: 00353 (0)74 9325682

E: thecastleinnrestaurant@gmail.com

W: www.castleinn.ie

Open: 9am – 9pm. Closed Mondays

The Castle Inn restaurant is perfectly situated on the edge of Greencastle village with breath taking views overlooking Lough Foyle in the sunny East of Inishowen. A short distance from Greencastle Golf Club, Shrove Beach and Greencastle pier we are ideally located to provide top class seafood.

With a reputation for quality, fresh locally sourced food, our signature dish is: Fresh scallops, caramelised shallots, and smoked chorizo with a black pudding crumb. This special is popular with both locals and visitors, with many crossing the Lough Foyle just to sample this popular dish.

Head Chef Fiona has a keen passion for local produce with an emphasis on providing delicious, nutritious and affordable food that's sourced from the finest of local suppliers and producers here in Donegal.



10 TANK & SKINNY'S, MUFF

Address:

Main St, Ardmore, Muff, Inishowen,
F93 XC9H

P: 00353 (0)74 9327624

W: www.tankandskinnyys.ie

Open: Mon – Thurs 9am – 4pm. Fri
– Sat 9am – 5pm. Sun 10am –
5pm

A quirky bustling coffee shop set in the border village of Muff (first stop on entry from Derry to The Wild Atlantic Way). Tank and Skinny's is owned by two brothers passionate about their coffee and delicious treats for over a decade. They have perfected the art of coffee making to a T. Serving gourmet sandwiches and wraps, with scones and cakes to die for from their own bakery. Tank and Skinny's is a must visit on the peninsula.

Our famous club sandwich known to many as "the best club they'd ever had" contains 3 layers of toasted granary bread filled with chicken, bacon, lettuce, tomato, red onion and cheese topped with honey mustard mayo. Following their success in Muff, Tank and Skinny's opened a seaside cafe based at The Pier, Buncrana overlooking the beautiful Lough Swilly. Coffee with a beach view, we have it all!

OUTDOOR
DINING
& MOBILE
COFFEE
DOCKS





Outdoor dining around the peninsula

NEWTOWNCUNNINGHAM

Kernan's Coffee House & Bakery

P: 00353 (0)74 9156110

Open: 9am – 6pm

BURT

An Grianan Hotel, Restaurant

P: 00353 (0)74 9368900

E: info@angriananhotel.com

W: www.angriananhotel.com

Open: 12pm – 8:45pm

Callaghan's Topaz, Cafe/Deli Counter

P: 00353 (0)74 9368122

E: callaghanstopazburt@hotmail.com

Seating for 16

BRIDGEND

Doherty's Café

P: 00353 (0)74 9386603

E: dohertyscafe@yahoo.com

Open: Mon – Sat, 8:30am – 8pm. Sun,
12:30pm – 8pm

Seating for 20

Gap Coffee Company

P: 00353 (0)74 9368001

E: gapcoffee@hotmail.com

W: www.gapcoffeeco.com

Open: 8:30am – 5pm

BURNFOOT

Leo's Café & Takeaway

P: 00353 (0)74 9386914.

Pod seating available.

Open: Mon – Thurs 10am -9pm, Fri 9am
– 10pm, Sat 8:30 – 10pm, Sun
12pm – 10pm

Rua's Kitchen & Bakery

P: 00353 (0)74 9368852

E: sineadrua@gmail.com

Open: 8:00am – 5:00pm

FAHAN

The Railway Tavern & Firebox Grill

P: 00353 (0)74 9360137

E: info@RailwayTavern.ie

W: www.railwaytavern.ie

Open: Thurs – Fri 4pm – 8pm, Sat – Sun
3pm – 8pm

The Red Door Country House, Restaurant

P: 00353 (0)74 9360289

E: info@thereddoor.ie

W: thereddoor.ie

Open: Wed – Fri 4pm – 9pm, Sat – Sun
1pm– 9pm.

It is highly advisable to ring ahead.

BUNCRANA

The Harbour Inn

P: 00353 (0)74 9321810

E: info@harbourinn.ie

W: www.harbourinn.ie

Open: Sunday – Thursday 12.30pm –
9pm, Friday & Saturday 12.30pm
– 9.30pm

Pods are available for booking. Picnic
benches are first come first serves basis

Fisherman's Wharf, Café

P: 00353 (0)74 9361510

Open: Mon – Fri, 9am – 5pm. Sat – Sun
10am – 5pm

Jamboe Café

P: 00353 (0)74 9363744

E: info@jamboe.ie

W: www.jamboe.ie

Open: Mon – Sat 9am – 5pm.

Tank and Skinny's Seaside Café

P: 00353 (0)74 9361583

W: www.tankandskinnyys.ie

Open: Mon – Fri, 9am – 5pm. Sat – Sun
9am – 6pm

The Coffee Cup Café

P: 00353 (0)74 9321693

E: info@thecoffeecup.ie

W: www.thecoffeecup.ie

Open: 7am – 7pm

The Coffee Cup Ned's Point, Café

P: 00353 (0)74 9321693

E: info@thecoffeecup.ie

W: www.thecoffeecup.ie

Open: 10am – 5pm

The Lunchbox, Buncrana, Café

P: 00353 (0)74 9322700

W: www.the-lunchbox.net

Open: 7am – 7pm

Spar Umbricam, Café

P: 00353 (0)74 9322033

W: www.spar.ie/store_locator/spar-buncrana-umbricam

Tommy's Roadside Café

P: 00353 (0)74 9361037

Open: 2pm – 9pm

DUNREE

The Coffee Cup, Café

P: 00353 (0)74 9361817

E: info@thecoffeecup.ie

W: www.thecoffeecup.ie

Open: 11am – 5pm

CLONMANY

Centra, Clonmany, Deli Counter

P: 00353 (0)74 9376105

BALLYLIFFIN

Ballyliffin Lodge & Spa, Restaurant

P: 00353 (0)74 9378200

E: info@ballyliffinlodge.com

W: www.ballyliffinlodge.com

Open: 12 – 9.

Seating for 60

Ballyliffin Service Station, Cafe/Deli

P: 00353 (0)74 9376638

Nancy's Barn, Restaurant

P: 00353 (0)74 9376556

E: nancysbarnballyliffin@gmail.com

W: www.nancysbarn.ie

Open: 9am – 5pm.

The Strand Hotel, Restaurant

P: 00353 (0)74 9376107

E: strandhotel@ballyliffin.com

W: www.ballyliffinstrandhotel.com

Open: 12-30pm – 9pm

CARNDONAGH

Baker Street 1979, Café/Restaurant

P: 00353 (0)74 9329306

Open: Mon – Thur, 8:30am – 5pm. Fri – Sat 8:30am – 9:00pm. Sun 9am – 9pm

Seating for 25.

Bridge Street, Café

P: 00353 (0)74 9374528.

Open: Mon – Sat, 10am – 11pm. Sun 5pm – 11pm

Seating for 24

Claire The Bakers, Café

P: 00353 (0)74 9373927

E: weeclairedoherty@hotmail.com

Open: Mon – Sat, 9am – 5pm

Diamond Café

P: 00353 (0)83 8904039.

Open: Mon – Sat, 8:30am – 5pm

Seating for 14

Simpsons Bar & Restaurant

P: 00353 (0)74 9374499

E: tulnaree@hotmail.com

Open: Mon – Thur 9:30 – 11:30. Sat 24 Sun 9am – 5pm

Seating for 100

The Butterbean Restaurant & B&B

P: 00353 (0)74 9373693

E: info@thebutterbean.ie

W: www.thebutterbean.ie

Open: Tue – Wed 10am – 8pm. Thur 10am – 8:30pm. Fri – Sat 10am – 9pm. Sun 10am – 8:30pm

Seating for 25

CULDAFF

McGrory's Hotel

P: 00353 (0)74 9379104

E: info@mcgrorys.ie

W: www.mcgrorys.ie

Open: 12pm – 8:45pm.

Advisable to book.

MALIN HEAD

The Seaview Tavern, Restaurant

P: 00353 (0)74 9370117

E: dohertycaitrona@hotmail.com

Open: 12pm – 11pm

MALIN TOWN

Malin Townhouse Hotel

P: 00353 (0)83 063 0314

MOVILLE

Barron's Café

P: 00353 (0)74 9382472

Open: Mon – Wed 9am – 8:30pm.
Thu – Sun 9am – 9pm

Norries Coffee Shop

P: 00353 (0)74 9382012

Open: Mon – Sat 9am – 4pm

The Cosy Cottage, Café/Restaurant

P: 00353 (0)74 9385740

E: info@thecosycottage.com

W: www.thecosycottage.com

Open: Thu – Sun 11am – 7pm
Seating for 30

Inish Adventures. Café

P: 00353 (0)74 9385903

W: www.inishadventures.com

MUFF

Tank & Skinny's, Café/Restaurant

P: 00353 (0)74 9327624

W: www.tankandskinny.ie

Open: Mon – Thur 9am – 4pm. Fri – Sat
9am – 5pm. Sun 10am – 5pm
Seating for 30

The Treehouse Bar & Restaurant

P: 00353 (0)74 9384873

E: info@treehousebar.ie

W: www.treehousebar.ie

Open: 3pm – 11pm. Sun 1pm – 10pm
Seating for 35



Mobile Coffee Docks around the Inishowen peninsula.

MANORCUNNINGHAM

Nine Hostages Coffee

P: 00353 (0)87 1352747

Seating available at the picnic area. Tray
bakes available

BURT

Curious Coffee

Benches nearby. Tray bakes available.

TOOBAN

The Wooden Brew

P: 0044 79 0379 1950.

Benches and pod seating available. Tray
bakes and specialty cupcakes available
to order.

INCH

The Farlands Coffee

Tray bakes and Ice-cream available.

BUNCRANA

On the Go Coffee

Tray bakes and breakfasts available.

The Grind

P: 00353 (0)85 184 8211

Pre-orders welcome.

Seating available on picnic tables.

MALIN

Inish Brew

W: inishbrew.ie

Tray bakes, sandwiches, bagels and
wraps.

Picnic tables available.

MALIN HEAD

Caffe Banba

P: 00353 (0)74 9370538,

W: caffebanba.com

Tray bakes, pastries, sandwiches and
pies.

MUFF

Claire The Bakers Coffee Stop.

P: 00353 (0) 871856161

W: www.clairethebakers.ie

Tray bakes, cup cakes, home bakes and
doughnuts.



07 Malin Head

Malin Head



Malin

05



Ballyliffin

04



Clonmany

Isle of Doagh

08



Culdaff

06



Carndonagh

09



Greencastle

Stroove

Inishowen Head

03



Buncrana

02



Fahan

Inch

01



Burt

Muff

10



Burnfoot

Burnfoot

Derry

Newtowncunningham

Lough Swilly

Leenan Bay

Fort Dunree

Ned's Point

Lough Foyle

INISHOWEN
FOOD TRAIL

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www.govisitinishowen.com



Explore Inishowen CLG
Inishowen Tourist Office
Railway Road, Buncrana,
Inishowen,
County Donegal.

+353 (0)74 93 63451
info@govisitinishowen.com



An Roinn Forbartha
Tuaithé agus Pobail
Department of Rural and
Community Development



Comhairle Contae
Dhún na nGall
Donegal County Council